

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

# A COMPREHENSIVE LIST OF HALAL FOOD PRODUCTS IN U.S. & CANADIAN SUPERMARKETS

يَا أَيُّهَا الَّذِينَ آمَنُوا كُلُوا مِن طَيِّبَاتِ مَا  
رَزَقْنَاكُمْ وَاشْكُرُوا لِلَّهِ إِن كُنتُمْ إِيَّاهُ تَعْبُدُونَ

*"O you who believe, eat of good things that we  
have provided for you and be grateful to Allah"*

(Al-Qur'an 2: 172)

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## **CRITERIA USED IN IDENTIFYING HALAL FOOD PRODUCTS**

Muslims are living in USA and Canada for many years and many essential food products do not carry Halal symbol on them to pickup by Muslims as Halal. This creates a dilemma for Muslims what to buy and what not buy. Allah says in Quran " This day are (all) things are good and pure made lawful unto you. The Food of the people of the books is lawful to you and yours is lawful unto them" (Sura 5, Ayat 5). If an authentic and genuine non meat kosher certified food products bearing kosher symbols such as OU, K, CRC, V, Kuf K, KVH, COR, MK and Parve meet the Islamic dietary requirements, then those products are considered Halal. However if they contain gelatin, kosher gelatin, wine, alcohol, L-cysteine from human hair, wine vinegar, rum flavor, beer batter, naturally brewed soy sauce, torula yeast grown on alcohol, Carmine color, yeast extract from beer, nucleotide grown on alcohol then they will not be considered as Halal food products. For example if a food product contains gelatin or Kosher gelatin and also bears kosher symbol, then it will not be considered Halal. We do not recommend Kosher meat for Muslims because they do not announce Allah's name on each animal. This is a temporary situation because we have no alternate but Inshallah a day will come when all of us will buy food products bearing Halal symbols. Few food products carrying different Halal symbol are already available in supermarkets.

### **Method of Data Collection:**

1. Visiting the over 39 major supermarkets in USA and Canada, examining each product for ingredients declaration on the package.
2. Checking for different Halal or Kosher symbols on the package which meet with the Islamic dietary requirements.

## **NOT HALAL:**

The following food products are included in this category:

1. The Haram food products that are made with pork-by-product ingredients and wine.
2. The food products that are made with kosher gelatin and bear the kosher symbol K.
3. The products made with ingredients derived from non-zabiha meat by-products.
4. The products made from fat based ingredients without Halal or kosher certification and with no guarantee it meets the Islamic dietary requirements.
5. The products that are made from natural and artificial flavors which are not certified as Halal or Kosher with or without alcohol as a solvent.
6. The products that are made with alcoholic fermentation and may contain 2-3 % alcohol such as naturally brewed soya sauce.
7. The products that are made with human hair L-cysteine with or without kosher certification.
8. The products that are made with questionable ingredients and whose source has not been verified
9. The products that are made under kosher certification and bear kosher symbol on food product label but do not meet the Islamic dietary requirements.

Halal

Halal  
if no alcohol  
used in flavors

Not Halal

National Brands

Breads/Buns

PEPPERIDGE FARM

Swirl Raisin  
Farm House Soft white  
Farm House 12 Grain  
Farm House Soft Oatmeal  
Farm House Country White  
Very Thin White  
Farm House Honey White  
Light Style Wheat  
White Sandwich  
Light Style 7 Grain  
White Family Bread  
Hot & Crusty Twin French  
Original White  
Hamburger Buns  
Classic Hot Dog Buns  
Sandwich Buns  
Soft Hoegie Rolls

BROWNBERRY

100% Whole Wheat Bread  
Country Classic Country White  
Dutch Country 100% Whole wheat  
Country Classic Oat Nut Bread  
Country Classic Honey Wheat  
Soft White  
Kaiser Sandwich Buns  
Original Sausage Rolls  
White Hot Dog Buns  
7 Grain Bread  
12 Grain Bread

PEPPERIDGE FARM

Swirl Cinnamon  
Carb Style Whole Wheat  
Carb Style 7 Grain  
Swirl French Vanilla  
Mini Bagels  
Farm House Sour Dough  
Dinner Rolls  
Italian Sesame Seeds  
Toasting White



Halal	Halal if no alcohol used in flavors	Not Halal
(Sara Lee Bakery is the only bakery who can not guarantee about using vegetable fat base dough conditioners but some their products in California bear kosher symbols. Sunbeam breads in east coast are kosher certified)		
		<u>SARA LEE</u>
		White Bread
		<u>IRON KID</u>
		White Bread
		<u>RAIN BOW</u>
		White Bread
		<u>ROMAN MEAL</u>
		White Bread
		COUNTRY HEARTH
		EARTH GRAIN
		PILLSBURY
		COLONIAL
		HEALTHY CHOICE
		HEINER’S
		HOLSUM
		GRANT’S FARM
		OLD HOME
		SUN MAID
		SUN BEAM
		KERN’S

Halal	Halal if no alcohol used in flavors	Not Halal
		MOTHER'S MASTER
<u>WONDER</u>		<u>WONDER</u>
Enriched White bread Big, Thin & small Hamburger & Hot dog Buns		Italian Light Bread
	<u>BEEF STEAK</u>	
	Soft Rye Flavor Hearty Rye Flavor Light Soft Rye	
<u>HOME PRIDE</u>	<u>HOME PRIDE</u>	
Butter Top White in California Butter Top Wheat in California	Butter Top White (rest of the country) Butter Top White	
<u>NATURAL OVENS</u>		
MCG Halal certified breads		
Better white bread Cracked wheat bread English muffin bread Glorious bread Happiness bread Health max bread Hunger filler bread Mild rye bread Multigrain stay trim bread Nutty natural wheat bread Right wheat bread Seven grain bread Soft wheat bread Sunny millet bread 100% Whole wheat bread Best burger buns Better wheat buns Gourmet dinner rolls		